April 2, 2021
Issue #47

Our Spring Faerie issue!

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

iZōsh WOMEN INVESTING IN WOMEN

iZōsh® Ann Arbor Virtual Event April 10th at Noon

Learn about the power of microfinance to alleviate extreme poverty for women, and fund micro-loans in real time.

Event is FREE, but you must register.

Contact us via email | Register Here | Learn more on Facebook

Read the CWCJ article about iZōsh here!

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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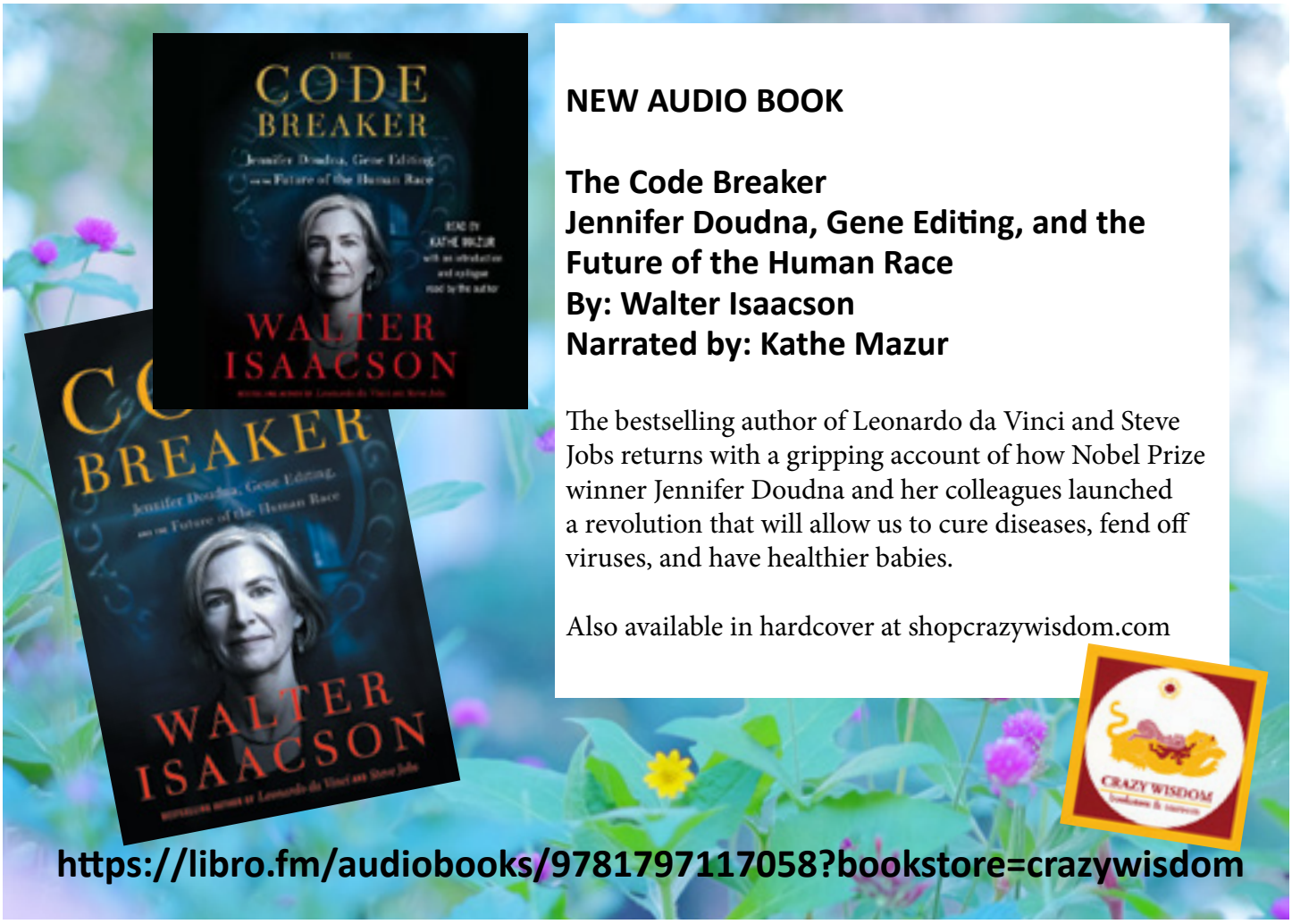
CODE
BREAKER
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ISAACSON
NEW AUDIO BOOK
The Code Breaker
Jennifer Doudna, Gene Editing, and the Future of the Human Race
By: Walter Isaacson
Narrated by: Kathe Mazur
The bestselling author of Leonardo da Vinci and Steve Jobs returns with a gripping account of how Nobel Prize winner Jennifer Doudna and her colleagues launched a revolution that will allow us to cure diseases, fend off viruses, and have healthier babies.
Also available in hardcover at shopcrazywisdom.com
CRAZY WISDOM
https://libro.fm/audiobooks/9781797117058?bookstore=crazywisdom

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

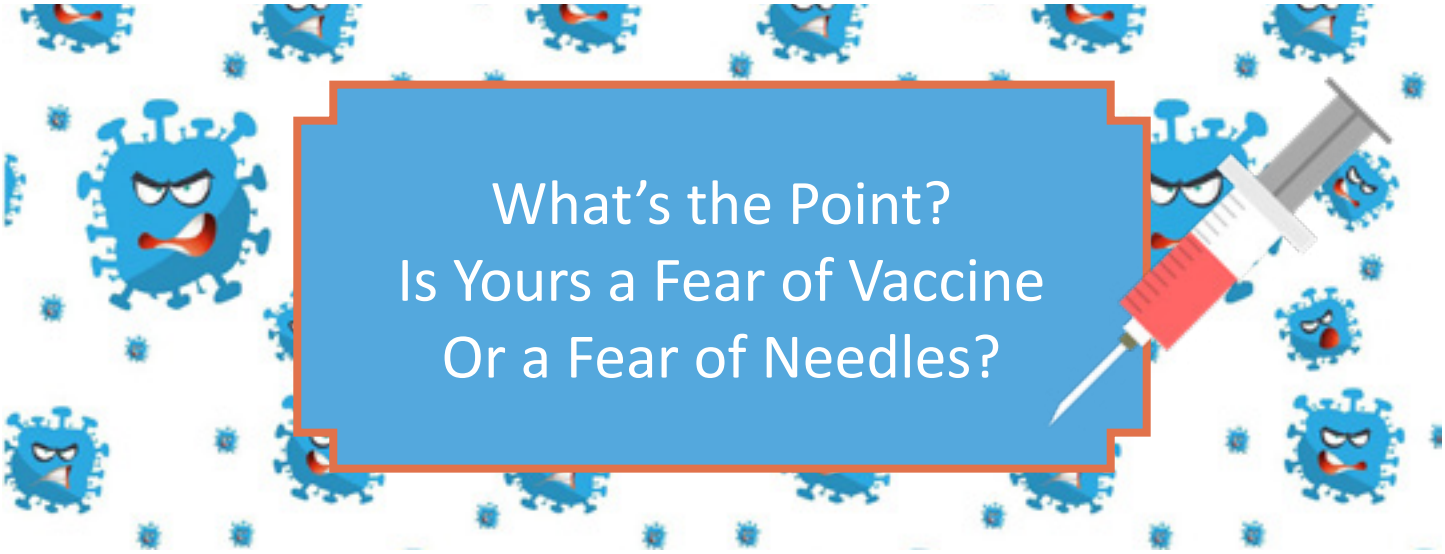
Michelle McLemore
Cheryl Kemp
Katie Hoener
Conrad Welsing
Irena Nagler
Carol Karr
Jennifer Carson
Bill Zirinsky

Word of the Week:

Scintilla

A tiny, brilliant flash or spark; a small thing; a barely visible trace

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



By Conrad Welsing

As we come to terms with the outbreak of the Covid-19 virus many people are understandably anxious and stressed. Some people will take it in their stride, yet there will be others whose anxiety will cause them great distress. Could you be one? There are a number of people out there who have a needle phobia. In spite of their eagerness to receive an immunization, they are far too afraid to do so. Like the majority of phobias, this is simple to remedy because it is a learned response. No one was born with this fear.

Trypanophobia is the official name for a fear of needles. This could develop from bad experience with a needle, while already in pain before receiving an injection. You may associate seeing a needle with the memory of that painful experience. Often children are given no warning they are about to receive a vaccine and the sudden pain can make them fear it could happen again at any time. Even as adults, they find it difficult to rationalize this procedure as being for their own good.

The majority of people understand that the fear of needles is irrational but are unable to dissipate the fear that goes hand-in-hand with it. We have created this fear to protect ourselves from the physical issues we imagine will happen. It is a coping mechanism, projected from experience, ours or someone else's. Needles are shown in the news communication daily, and this encourages the transfer of fear from Covid-19 to vaccine, and then inoculation. Added to that is the transference, the mental linkage of new vaccines, deaths from Covid, side effects, and the shot itself. The result is the physiological symptoms experienced alongside the fear such as sweating, palpitations, and shaking. Real symptoms that reinforce our belief in the imaginary fear.

Even for those individuals who appear strong and in control, the pressure over the next few months will try even the hardiest of us. How can you recalibrate your thoughts and ground yourself, enabling you to cope well and with positivity for the future? How does one break the chain reaction of fear? Explore the self-care suggestions here.

Start by reminding yourself of times you felt calm and in control and reinforce those feelings. You cannot change the past and you cannot predict the future so it is important to remain in the present and not allow your thoughts to wander to what 'might be.' Ask yourself, why am I doing this? Am I keeping myself safe? List your personal reasons.

Apply the power of suggestion. You will get the shot only if 'YOU' want to. Not your spouse, parent, or friend. Ask, what can I control? Realize it's only the small things. Realize what you control. Getting an inoculation is one of them. Be aware. Is my nervous system overreacting? It's only a tiny needle. Imagine the future. What does this mean to me, what will I be able to do?

Repeat, "I am calm, I am safe, I am in control, I'm ready, I want this." See the shot as a gateway to a different future. Just a small piece of time out of your year, a desire to change things, and see our loved ones. Have someone around, a buddy, perhaps a designated driver. Make a commitment. Relax before leaving home, breathe, ground yourself, play music in the car, stay hydrated, repeat the affirmations while driving.

And lastly, after not having been around people for so long, imagine how you will enjoy stepping out into the world. Your immunization may be the ultimate in self-care.

Conrad Welsing is a professional hypnotic consultant and life coach based in Ann Arbor. For more information, visit ConNextText.com.

INTERVIEW WITH FAIRY ARTIST CHERYL KEMP OF Altered Attic Studio

By Michelle McLemore

What kinds of items do you make/sell?
I make altered Bottles, Angel Spirit Dolls, and Fairy Furnishings.

When did you first begin making items and selling them?
I've been creating Fairy items since I was a child. However, I've been honing my craft and selling them for the last 8 years. The altered bottles I've been designing and creating for the last 5 years and the Angel Spirit Dolls for the past 3 years.

What makes your items unique?
All my pieces are one-of-a-kind and once they're sold- they're gone! Every creation is made with love and an eye for detail and craftsmanship. My Angel Spirit Dolls and Fairy Creations are created with intention and intuition. They are designed to absorb and keep only the most beautiful energy.

Do you have a certain creation process?
I often begin with a beautiful piece of wood and the piece just seems to metamorphosize from there. All the natural pieces I use are found by me (or someone close to me) and repurposed into my art.

I love to use natural materials and the inspiration I find on my rambling walks in the forests and hills of the Irish Hills. Also, I can see a piece of driftwood or a seashell on a warm beach and think, 'oh yes, that'll make a lovely fairy couch.' My spirit dolls come to me the same way.

For my altered bottles I start with the picture or label then match it with an interesting bottle from my collection that I feel best enhances the piece.

Do you have any current favorite items?
My newest project of the Angel Spirit Dolls have been a fan favorite. When you quiet yourself, you can listen, connect, and be grateful for her spirit and guidance. Each doll has earned their signature angel wings! One of my very favorites was Coventina, a mermaid Angel Spirit Doll I just shipped to Italy. She was beautiful.

As far as favorite product to make? I go in phases. I'll be all in on fairy furnishings for a while, then switch as a particular holiday approaches for the altered bottles, then pick up the Angel Spirit Dolls again. I end up loving all my art pieces.

Do you make what inspires you or do you spend time studying the seasons and trends?
Actually, all of the above. Pieces and parts left behind by nature inspire me one way with the fairy furnishings and spirit dolls. The altered bottles are generally seasonal. My Halloween apothecary bottles are best sellers and this year my winter and Christmas bottles sold well. I'm looking to expand my line with new theme-based bottles; Spring, faith-inspired, dragons, pirates, and mermaids are just a few ideas. The Angel Spirit Dolls sold well this year and I think just the added stress of a crazy 2020 might have helped. It seems friends are looking for good energy.

Any particular training, classes, or mentors that helped along the way?
I've loved art and nature my entire life. I took some drawing and art classes in high school, but most of my art and design came with trial and error and years of practice. I've been able to blend my love for nature and art into my pieces.

What is it like working from home?
I love working from home and finally turned a spare room into my art studio. I've been retired for a while, so to be able to work full time on my art has truly been wonderful. It's only my husband and me now that our children are grown and living in California. I think we're both glad I have a space I can lose myself in.

Do you only sell online?
I sell at The Appleumpkin Festival in Tecumseh in the autumn and I do have an Etsy site. You can find that here.
I am always adding to the site. Right now, I have some altered bottles and a few angel spirit dolls. I'll be adding more pieces as I complete them. I have new fairy furnishings to add as well.

Do you have other hobbies/jobs?
I love to garden, and I put much of my spare time into my two dogs, Cooper and Triton. I study training techniques and try them out on my two smart, good-natured guys. I also enjoy babysitting my two great-nephews when needed.

What does family think about your business?
They appreciate that I can do what I love and actually make a little money in the process. They are always so supportive.

Do you have any fun memories in regards to your creations?
Some of my best memories are gifting friends with my art pieces and seeing their delight or showing them my work and having them buy it on the spot for a friend or family. I have pieces I've created after finding the perfect piece of wood while walking with my daughter or hiking up north with my son. My husband will find an old bird's nest or an interesting stump and bring it home to me. The fact my family thinks of me and my art fills my heart.

Any challenges along the way?
I've had two neck surgeries and developed arthritis in my fingers, so my art has to be slow and steady. I still love to create even if it takes me a bit longer. Yoga, stretching exercises, and an ibuprofen usually gets me through a project.

Hopes for the future?
I hope to continue creating good art—art that people enjoy. I'm hopeful that the art festivals will be able to reopen and people can stroll and browse and enjoy the day once again.

Cheryl Kemp in her home studio.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson, and Rainey Lamey

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

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From Issue #77

A Charming Faerie Baby

By Jennifer Carson

In the spirit of these little environmental sprites, I've designed a cute little faerie baby reusing a plastic deli container (I'm sure you have some of those laying around since we've all been supporting our local restaurants delivery service through the pandemic). You can use the plastic bauble you make as a magnet, make a pin or a charm, or tie it to a lovely gift.

What you'll need to make your own faerie baby:

- A plastic deli container—it must be a #6 plastic (it will have a stamp on the bottom somewhere that identifies it as #6).
- Colored pencils—I used Prismacolor pencils in the following colors: crimson red, kelp green, lilac, jasmine, light peach, peach, pink, carmine red, and dark brown.
- A hole punch (if you want to attach your baby to something).
- A heat gun—the kind you use with embossing powders.
- A pair of pliers to hold your faerie while shrinking.
- Fine grit sand paper. I used 320.
- A pair of sharp scissors.
- Some kind of sealer—I used Modge Podge Dimensional Magic.
- A small piece of cardstock, or something similar to help flatten your piece.

Begin by cutting out the flat section of your container. Clean off any labels.
Sand one side of your plastic. I sanded mine horizontally first, and then vertically. You want a nice frosted finish so that the pigments from your pencils will stick.

On the sanded side of your plastic, trace the faerie drawing with your dark brown pencil. When coloring, try not to scrub your other colored pencils over the brown line or it may smudge a little. Just get as close as you can!

Color your faerie! I used light peach as the base color for her skin. To create some depth, use your lilac pencil around the eyes, in the inner ear, under the chin, under the top foot, and under the top hand/arm.
Color her nose with peach, and add some blushing on the top hand, shoulder, bottom of foot, cheeks, and tip of ear. Go back and add a bit of pink to those same areas.
With your jasmine colored pencil, color the bridge of the nose, and add some to the eyelids.

Color the left side of the hat with carmine red to create a highlight. Color the remaining hat with crimson red—blend into the carmine red.

The blanket wrap I colored with kelp green, and then overlaid jasmine in order to create some highlights.
Color the hair with your brown pencil.
If you want to create a charm or necklace, make a dot with one of your pencils where you are going to punch the hanging hole. Cut your faerie out—you should leave about 1/8" around your coloring. If you are putting a hole in your coloring for hanging, make sure you cut around your dot, too.

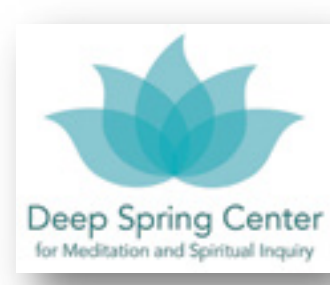
Punch your hole.

Hold your faerie with a pair of pliers in order to keep your fingers away from the heat of the embossing gun. Don't keep your heat gun in one place for too long—move it around a bit. Your faerie will shrink pretty quickly. Don't freak out if it starts to stick to itself. Just gently pull it apart (you can use a bamboo skewer for this) and keep heating. When it stops shrinking, press your piece with your cardstock to flatten it.

After it cools, you'll want to put some kind of sealer on it. I used Modge Podge Dimensional Magic. Let it dry overnight and your faerie is ready to use.
If you'd like to finish it off the way I've shown below, I purchased a fancy safety pin and tied on various ribbons and trims, then stitched on a few vintage buttons. I had to attach the faerie charm with a jump ring so that it laid correctly. I'd love to see how you use your faerie charm!

Jennifer Carson is a local author and artist who enjoys creating beautiful items for home and family. You can see more of her work and peruse all of her crafting patterns at thedragoncharmer.com.

Get the faerie template here!



Meditation Classes | Workshops | Retreats
Online Weekly Silent Meditation via Zoom

RETREAT
Taking a Deep Breath of Gratitude
Amidst the Pandemic
8-Day Retreat via **Zoom: April 10–17, 2021**
***with* Barbara Brodsky, Aaron, and John Orr**

Designed for continuing, intermediate and advanced students.
Registration and information: DeepSpring.org

Events with Spirit via **Zoom**
Remembering Wholeness
Darshan with The Mother
***with* Barbara Brodsky channeling The Mother**
All levels – Sunday | 4/25, 5/16, 6/13

Evening with Aaron
***with* Barbara Brodsky channeling Aaron**
All levels – Wednesday | 4/21, 5/19, 6/16
Registration and information: DeepSpring.org

DeepSpring.org | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)3 non-profit. See website for details.

Crazy Wisdom Book Pick of the Week

Purchase your copy of *Do the Work You Love* at shopcrazywisdom.com.

Aimed at all those who want their work to be fun and fulfilling, and who feel they might have a unique gift or message to share with the world, this is an amazingly effective guide to making money doing what you love. It is the only book to take readers through the whole process of creating an income from a passion, identifying which interest they could monetize, choosing a bespoke path and learning how to become an expert in their chosen field.

Part 1 explains how to discover a marketable passion with the help of the Dream Job Chart, which guides you in assessing your business ideas, skills and the causes you are passionate about. Once you have clarity on your passion, Part 2 describes the three possible paths to creating an income from it, offering inspiring examples of both famous and everyday people who have successfully followed each path. The Adventurer's Path is for those of a braver disposition and with few family commitments. The Strategist's Path is for those with patience, flexibility and a lower tolerance for risk. The Grinder's Path is for those who feel a need to continue with their present work while also pursuing their dream. Finally, Part 3 explores the four stages to becoming an expert in your chosen field, so that people will pay you for your skill or product. Along the way you will learn: Why bad luck can't stop you the right time to quit your job how to use freelancing or consultancy to help you reach your goal how to make progress with your passion even if you are working full-time what to do if you're over 50 and want to create an income from your passion and much, much more!

Yoga Pose of the Week

Reverse Plank

By Katie Hoener

This Asana engages the whole body, and is not for those of us with wrist issues. If our wrists are feeling good, and we are feeling energized, we can try out our reverse plank.

From a seated position, we bring our hands behind us, fingers can face towards or away from the body (more often toward, though all bodies are different) . Extend the legs out long in front, flexing the feet to start, to bring engagement to the legs. With hands grounded, engage the abdominal wall and the glutes equally as the hips raise off the floor. With strength we attempt to have a line of energy from the toes to the heart center, feeling strong throughout the body. Take a few breaths here, the lower down. It can be nice after this to take a forward fold, and a few wrist rotations.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker and a partner at Verapose Yoga in Dexter (veraposeyoga.com). Please send your yoga questions to katie@verposeyoga.com.

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New - Mid September Occupancy - Touchstone Cohousing Townhome - Come Join One Of Ann Arbor's Cohousing Communities. 1421 sq ft. 2-Story Townhome - 3 Bedrooms - 2 Full Baths - First Floor Master - End Unit With Spacious Front Porch, No Maintenance Azek Deck. Includes Full Basement For Ample Storage, Ready To Finish With Egress And Rough Plumbing. Open Floorplan, 9' Ceilings, Maple Painted Cabinets, Granite Counters, Appliance Allowance, Flooring A Blend Of Luxury Vinyl Tile, Carpet And Ceramic Tile For Bathrooms. Touchstone Features Wide Pathways Throughout With Parking And Garages On The Perimeter. Common House Provides 24/7 Access For Mail & Includes A Laundry, Two Full Baths, Media Room, Family Space With Fireplace, Children's Play Room, Commercial Kitchen & Large Dining Area For Events And Optional Community Wide Dinners Twice A Week. Touchstone Is An Intentional Community Combining Private Homes With Community Values. Come Live In This Multi-Generational Community With Scio Township Taxes & Outstanding Ann Arbor Schools. Visit Website To Learn More www.touchstonecohousing.org

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Dreaming a Bridge: Merging Human Imagination with the Living World

By Irena Nagler

A fire is dying to rose-colored embers in a brazier. A sound like branches being broken drifts down to us from high overhead. We cannot see the blue heron flying above us. It calls, wrapped in folds of night, and its dream touches ours.

One November fifth under seas of stars, a dance-theater group was performing poetry by a fire near a pair of sweat lodges.

Kalaea read a poem by Donald Howard to accompany a sword dance, the first piece I had created for public performance two years before. The sword might seem a perilous dance partner, but it had demanded the focus I needed to begin dancing for audiences.

This time, however, the peril was another altogether.

As I bent back with the sword balanced on my waist, I was laid open to the stars, terrified for an instant that they might seize me up and I'd fall out into blue, unfathomable reaches. Fortunately for the dance and the audience, I reeled myself back in.

The experience of time changes in outer space. But past, present, and future are nonlinear: merged and encapsulated in the tastes and scents, memories and sounds, of the living system of Earth. Our biological rhythms are profoundly attuned to this. We are often a little jarred by clock-time.

Children often play with time and space in a flow that resembles dreaming. I attended an elementary school perched on a hillside bristling with shrubs and bushes, trees and vines. The building was a massive Greek revival structure, the oldest on the East Campus of Western Michigan University. An upper playground was paved in blacktop, but graced also by enormous oak trees. The lower playground was a conventional turf field for various games. Between them stretched the liminal, forbidden space of the Bushes.

Needless to say, some of us were most attracted to playing there. It was a world of tunnels and caverns wreathed in branches. Little purple-blue Concord grapes grew on vines. To pick and eat them was a sacrament of sorts. They were sweet and sour and concentrated, rich in their power to connect us eternally to a system that no longer exists on this hillside.

My best friend and I played in the roots of a tree among those vanished "tunnelscapes." We made a chokecherry potion named Zish, mixing it in root hollows. We leaned over it, imagining ourselves as witches, muttering and stirring. Our roots were interwoven with those of the trees.

Many years later, in 2006, Jennifer Kovach, Matt Raven Rogers, and I sought locations for outdoor dances. We gravitated toward a bridge: the M-14 overpass. Under it, a floor of reddish-tan earth edged with stones and tall grasses slopes gently to the river, punctuated by angular columns supporting the highway, with a pier next to the water. The oceanic sounds of vehicles overhead resonate in the concrete long after they have passed.

The impetus to work outside had begun a few years before. The group had presented a program at a private fire circle. Waiting in the woods, we were startled by a long breath of wind on an otherwise still evening. Leaves floated by. The ensuing performance seemed to be exhaled from that sigh of wind.

Read the rest of the story online.

The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • Saturday-Sunday, Apr. 17-18 • 9 a.m.-4 p.m. • Learn to communicate with animals the way they communicate with each other telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and connect with animal minds. This is a two-day online class that goes from 9am-4pm each day. Prerequisite: read Animal Talk by Penelope Smith. $160 per person/$140 if paid by 1/5/2021 or 3/12/2021 for the April class. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Arts and Crafts

Breathe with the Wind: Nature-based Sound Installation/ Performance • Sunday, Apr. 11 • 2:00 p.m. • "Breathe with the Wind", a site-specific sound installation / performance. The work explores the ultimate dimension of intimacy with the earth, and the installation engages to curate a contemplative space for the participants to find an awareness or closer relation to nature. In particular, the air element is symbolic to the work through the perception of winds and breaths as a collective natural movement of air.

Installation dates: April 11 - 18, 2021
Hours: 7AM - 10PM daily
Location: Thurston Nature Center located near the U-M North Campus in Ann Arbor.
2398 Yorktown Dr, Ann Arbor, MI 48105
On the opening and the closing day of the week-long installation, live performances will take place on-site:

- April 11th, Sunday 2pm
- April 18th, Sunday 2pm

(In the case of rain, the performance may be postponed or only one performance may take place.) For more information email Akari Komura at akomura@umich.edu or visit online.

Ceremonies, Celebrations, and Rituals

Easter Satsanga & Meditation ~ Virtual Gathering with the Self Realization Sevalight Centre for Pure Meditation, Healing & Counselling • Sunday, Apr. 4 • 10:30 a.m. • We warmly welcome everyone, of all faiths, to join us on Easter morning for our Gathering on Zoom. The Zoom link will be open by 9:30 a.m. so you can get setup early before we start sharing in song~chants, inspired thoughts, and a recorded talk by Mata Yogananda Mahasaya Dharma, followed by Pure Meditation and silent prayer for as long as you wish to (away from our devices). These are such beautiful times with many blessings, please feel free to tell others so that they too may have the opportunity to join in and receive. Email by March 31st or check our website for the Zoom link. Free. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201, info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Health and Wellness

Nurturing the Self: How to bring mindfulness into your everyday life • Tuesday, Apr. 6 • 11 a.m. • Learn mindfulness skills to be present with your mind and body. Learn techniques to train the mind how to pay attention to the present moment and expand awareness. Gain skills to be more present with yourself, to meet the mind and body with curiosity and compassion. Join therapist, meditation instructor, reiki practitioner and yoga teacher, Hannah Kanter, LMSW, on this 4-week journey to bring mindfulness into your everyday life! Tuesdays in April at 11am via Zoom. Cost: $160 for all 4 weeks. Visit healingwithhannah.com/workshops or email healingwithhannah@gmail.com for more information.

Meditation

Zen Meditation with JissoJi Zen Ann Arbor practitioners online • Sundays, Apr. 4, 18 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Nature Bath with Amanda Anastasia • Sunday, Apr. 11 • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or joypriestess.com.

Movement and Dance

Zoom Ann Arbor - Toledo First Friday Dances of Universal Peace • Friday, Apr. 2 • 7 p.m. • Dances of Universal Peace, moving meditation, will be led on the Zoom platform to guide personal meditation and dance, while keeping dancers safe. The Dances of Universal Peace, dubbed Sufi Dances, were created in the 60s by Samuel Lewis and celebrate mantras of the world religions. Donation welcome. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or online.

Spring/Summer Drum and Dance Jam at ICSG • Saturday, Apr. 3 • 7:30 p.m. • Spring/Summer Drum and Dance Jam hosted by Curtis Glatter. First Saturday of each month starting April 3 through Aug. 7 from 730PM to 9PM. $5 sliding scale. No experience necessary. Masks required. 6 feet apart. 6 pre-registered drummers allowed. 740 Airport Blvd, Ann Arbor, MI. 48108. Learn morea atinterfaithspirit.org or email cgindetmi@gmail.com.

Feldenkrais Method Workshop • Saturday, Apr. 10 • 11 a.m. • Learn movement patterns that are designed to help you get back into action. In this introductory all-levels workshop you will be introduced to the unique approach of the Feldenkrais Method, which encompasses subtle, but effective movement patterns designed to reduce aches and pains in your back, hips, shoulders and neck - and make you feel good all over! Following a Feldenkrais session, participants typically report feelings of well-being, groundedness, balance, better posture, and calm. Movements in this introductory class will take place on the floor, so you must be able to get down to the floor and back up. The only props required are a soft surface to lie on and some support for under your head (a blanket, towel, or a small pillow). Learnmore and register online at aarecedonline.com or call 734-994-2300 ext 0.

Movement and Dance, cont.

Free Groove Method-Online • Saturday, Apr. 10 • 9 a.m. • GROOVE® is a unique and dynamic dance experience where we will be united through simple movements and dance them in our own ways. You will experience everything from slow, delicious meditative grooves to heart thumping and strength building cardio beats. People of all abilities, sizes, and fitness levels are welcomed. No prior dance experience required..Certified GROOVE® Facilitator: Hsiao-Wen Lo. Visit aarecedonline.com or call 734-994-2300 ext 0 for more information.

Retreats

Half-day meditation with JissoJi Zen Ann Arbor • Sunday, Apr. 11 • 8:20 a.m. • Periods of sitting and walking meditation in traditional Japanese Soto Zen style, instructions are available by request. All events are on Zoom during the winter months. Link available by request. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

8 Day Retreat via Zoom • **Saturday, Apr. 10- 17 • 9 a.m.** • Taking a Deep Breath of Gratitude Amidst a Pandemic. Can we take a deep breath of gratitude for all the light and love in the universe which is being offered to us? Registration closes, Wed., April 7, 2021. Learn more online at deepspring.org.

Shamanism

Introduction to Journeying • Begins Sunday, April 18 • 10 a.m. 6 hr. class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland, clshebear7@gmail.com, or call 248-809-3230 or visit shewolfshaman.com.

Spiritual Development

Women in the Church: Past, Present and Future with the Weber Center • Saturday, Apr. 17 • 9:30 a.m.-3:30 p.m. • In her acclaimed book Crispina and Her Sisters, author Christine Schenk, C.S.J., explores the history of women's roles in early Christianity and the authority women exercised in the ancient church. Looking closely at visual imagery found on burial artifacts, Sister Schenk demonstrates how these early Jesus followers were far more influential than is commonly understood. What was it about Jesus that made his movement so attractive to women? Come and spend time with the fiery Christian women of yesterday and today who are changing the course of history and consider what it means for Christian communities today and tomorrow. Contact the Weber Center at 517-266-4000 or webercenter.org.

Virtual Events

iZōsh® Ann Arbor Virtual Event: "From Surviving to Thriving: Stories of Hope and Perseverance from Honduras" • Saturday, April 10 • 12 p.m. • iZōsh: Women Investing in Women will host a virtual Event on Saturday, April 10 at noon. Amy Thompson, Senior Director of Philanthropy for World Vision, will share about the resilience of women entrepreneurs in Honduras. Gather with us online to learn about the power of microfinance to alleviate extreme poverty, and together we'll find micro-loan recipients to fund in real time. There is no charge to register, but you do need to register in order to attend.

Click this link to register in advance for the Zoom meeting.
Questions: contact.annarbor@izosh.org. You can also RSVP here to get more information leading up to the Event: https://www.facebook.com/events/254507606338963

Writing and Poetry

Prose, Poetry and Potpourri (A virtual gathering) with the Weber Center • Sunday, Apr. 8 • 3:30 p.m. • April is National Poetry Month! Settle in, get a cup of tea or your favorite beverage. Relax and enjoy a virtual hour of prose, poetry and potpourri. Listen to poetry read by the authors, a reading from a book soon to be published, as well as familiar and original musical compositions. Be amazed by the talent in our midst. All are welcome. Free. Contact the Weber Center at 517-266-4000 or webercenter.org.

Crazy Wisdom Poetry Series hosted by Edward Morin , David Jobson, and Rainey Lamey • April 28 • 7-9 p.m. Celebrate National Poetry Month! Members of the peer-driven writer's workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. They are Joseph Kelty, David Jibson, Edward Morin, Loraine Lamey, Lissa Perrin, Greagory Mahr, Dana Decer, and others. All welcome via Zoom. Email cwpoetrycircle@gmail.com for zoom link. Registration for open mic starts at 6:45 p.m.

Yoga

Compassionate Yoga with Mary Seibert • Thursdays • 5:30-6:30 p.m. • Classes are taught remotely at this time. Kripalu yoga is great for beginners and seasoned students. Emphasis on mindfulness, breath, postures, strength and balance. Sliding scale prices, $5-$15/class. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Iyengar Yoga • Monday, April 5 • 6 p.m. • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress and release tension through physical activity and meditation in this virtual class. The use of yoga props and individualized teaching are emphasized so students of varying experience, ages, flexibility, and strength can participate together. You need to be able to get down to and up from the floor. Please have your own yoga mat and water bottle to enjoy this virtual class from the comfort of your own home! Visit aarecedonline.com for more information.

Family Yoga Free Class • Sunday, Apr. 11 • 12:30 p.m. • The perfect way to end the weekend for the entire family. For toddlers, grandparents, and everyone in between! Have fun with interactive group movements using yoga postures that will spark your creativity. Some poses may be inspired by nature (like tree pose) or animals (like lion pose) while others will be classical yoga style poses geared for all ages. Each class will tell the yoga story of helpfulness, kindness, connection, friendship, and mindfulness using a variety of yoga poses, creative movement, breathing exercises, and will end with relaxation. No yoga experience is necessary! Visit aarecedonline.com or call 734-994-2300 ext 0.

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga Classes Online • Daytime, Evening, and Saturday classes • Beginning and experienced level classes with individualized instruction that meets the needs of each student. Teachers teach how to do yoga and are experienced and certified. Contact Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Online and In-Person Yoga Classes with Ema Stefanova • Ongoing classes • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. Also offering pprivate yoga therapy and meditation for clients and groups. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

“Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love.”
—Sitting Bull

Photo by Ray Hennessy on Unsplash.